

ADHD & Lifestyle

The following life changes can reduce the benefits of stimulant medication:

1. Sleep deprivation
2. Sleep apnea (signs of this include snoring at night, awakening gasping for air, headaches, fatigue, obesity, high blood pressure, and neck thickness)
3. Depression or stress
4. Medical problems
5. Lack of physical exercise (15 minutes a day of aerobic exercise will help)
6. Poor diet (a diet low in fats and sugars can help; omega-3 from fish or salmon can help)
7. Overload of tasks
8. New tasks that require new learning

–Updated 7/27/2014 by Chris Aiken, MD